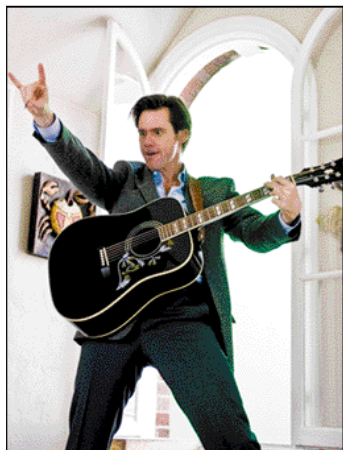


Inside



■ Movies this week: 'Bedtime Stories,' 'Seven Pounds' and 'Yes Man' (above) **B4**

Education

09E6/7 WAPS testing –

The cycle runs Feb. 1-March 31. For individuals testing Feb. 9-13, please plan to arrive early due to the 15 AW ORI (allow time for exercise inputs such as gate closures and restricted base movement). WAPS testing is scheduled for 0730 and 1330 in Hangar 2, Rm 278. Note these are test start times NOT SHOW TIMES. Doors open at 0715 and 1315. All examinees must be in military uniform of the day and have their valid military ID cards in their possession to be tested. POC is Mr. Myers, at 449-6363 x252 or david.myers@hickam.af.mil.

Earn a degree from Central Michigan University —

The campus offers a 36-credit-hour Master of Science in Administration degree with concentrations in General Admin, Health Service Admin, Human Resource Admin, Leadership, and Public Admin. Call 422-6118 or e-mail tannelam@cmich.edu for information.

CCAF cutoff date for spring diploma printing —

To be considered part of the CCAF April class, CCAF must receive all documentation (official transcripts) for degree candidate submissions by Feb. 27. This is for diplomas to be printed in April. Hickam's annual CCAF graduation ceremony will be May 15. Questions about CCAF can be directed to Timothy Smith at timothy.smith2@hickam.af.mil or call 449-6363 x221.

National military spouse scholarship program —

The Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of Uniform Services members (active duty, National Guard, Reserves, retirees, survivors) to obtain professional certification or to attend post secondary or graduate school. Scholarships range in amount from \$500 to \$1,000. Applications are due by midnight Feb 1. For more information, visit online at www.nmfa.org/scholarship or contact the Force Development Flight at 15mss.dpe@hickam.af.mil.

A FLAG FULL OF MEMORIES

Former airman John Psencik of Texas returned to Hawaii for a special ceremony to commemorate the presentation of first 50-star state flag. In a photo from 1960, the flag is being presented to Gov. Quinn by MSgt. John Burke, with Airman 2nd class Psencik in the center behind them (photo courtesy of the Psencik family). At left, Gov. Lingle gives the flag from last week's ceremony to Psencik, with his wife Phyllis at his side; background, Honor Guard members bring down Old Glory (Chris Aguinaldo photos).



Program pays for Great Aloha Run registration

By Chris Aguinaldo
Hickam Kukini editor

The Great Aloha Run celebrates its 25th anniversary and active duty airmen have a special opportunity to have their registration paid for the Presidents' Day event.

"The Enforcing Underage Drinking Laws (EUDL) Team will pay for registration," said Marisela Jimenez, who is helping to coordinate the project. "We will provide a T-shirt, water, snacks and transportation."

The shirts will be emblazoned with the letters "USA0013," a program that originally started at F.E.



Photo by Staff Sgt. Erin Smith

Team Hickam runners head the Aloha Tower to Aloha Stadium during the last year's Great Aloha Run. Active duty airmen have a chance to get their registration paid for this year.

Warren Air Force Base in Cheyenne, Wyo. to address responsible, periodic drinking.

Jimenez explained the significance of the numbers. "'0' means zero drinks if you're under 21. '0' is zero DUIs. '1' means one drink per hour and '3' is three drinks max."

The Great Aloha Run on Feb. 16 is not only a scenic run/walk — it goes from Aloha Tower to Aloha Stadium — but it also helps many local charities, including MWR programs. More than \$7.6 million to over 100 non-profits have been donated through the years.

"I'm running," said MSgt Roxanne Torres, PACAF 836, A3, who is also helping with the airmen signup.

"Sending a message about underage drinking laws is always a good benefit, plus this is one of the most fun runs on the island."

Torres says active duty personal who want to participate in the program should call now to get the registration packet and schedule their transportation.

The deadline to sign up for the EUDL program is noon on Feb. 3. Call Jimenez at 218-8492 or e-mail marisela.jimenez@us.army.mil.

WARRIOR
of the week

By Staff Sgt. Erin Smith
15 AW Public Affairs

Team Hickam proudly announces Senior Airman Amy Richardson, a fitness journeyman with the 15th Services Squadron, as its Warrior of the Week.

Her commander, Lt. Col. Tim Telega, 15th SVS commander, said, "Amy is certainly a shining star in the 15th Services Squadron."

During the last Operational Readiness Exercise, Airman Richardson helped prepare several hundred boxed meals to support Airmen who were working long duty days during the exercise.

"This wartime customer support is essential to the success of the Team Hickam mission," he said. "These hard working, no complaining Airmen are an inspiration to us all. I'm so very proud to be on the same team with such Outstanding Airmen."



Photo by Staff Sgt. Erin Smith

Senior Airman Amy Richardson's commander calls her a "shining star" doing her job in the 15th Services Squadron.

Airman Richardson, a native of El Paso, Tex., has been in the Air Force for 3 years. Two and a half of that has been spent right here at Hickam. Although she enjoys the beautiful beaches and warm weather in Hawaii, she hopes her next move will be to Peterson AFB to be closer to

family. Ultimately, she wants to finish her degree and get a commission.

"I want to finish my degree in accounting and ultimately become a finance officer," said the mother of one happily expecting her second daughter in March.

Though finance is her goal, she enjoys her job opportunities in the services squadron.

"My favorite thing about services is getting to work in different kinds of facilities," she said. "I've worked in every [services] facility with military in it on this base. I get to see all the different functions of services. Normally, I am at the fitness center but I spent a year at the dining facility, 6 months at the flight kitchen, four-to-five months at lodging and I've been at the fitness center since October."

Working in multiple facilities can make the base seem a whole lot smaller, as it allows Airmen from the 15SVS to meet a vari-

ety of different people.

"It's also funny when you start meeting the same people at each facility," she said.

Her current job is behind the scenes, in the readiness section of the squadron, where she is helping get Airmen ready for the upcoming Operational Readiness Inspection.

"This past week I asked my Superintendent to augment our Readiness team with a couple of sharp Airmen to help with the final polishing job on our [Unit Control Center] for the upcoming [Operational Readiness Inspection]," said Colonel Telega. "Because of her expertise and fine attention to detail, Amy is sitting in our UCC today."

Excellence seems to be the goal for her in whatever she does.

"My pet peeve is not having pride in what you do, especially in the military," she said. "I hate when people say 'it's just a job.'"

Hickam
Health

Watch out for the flu

15th Medical Group Clinic

Influenza, or flu, is a viral illness that commonly occurs in the winter and affects many people at once.

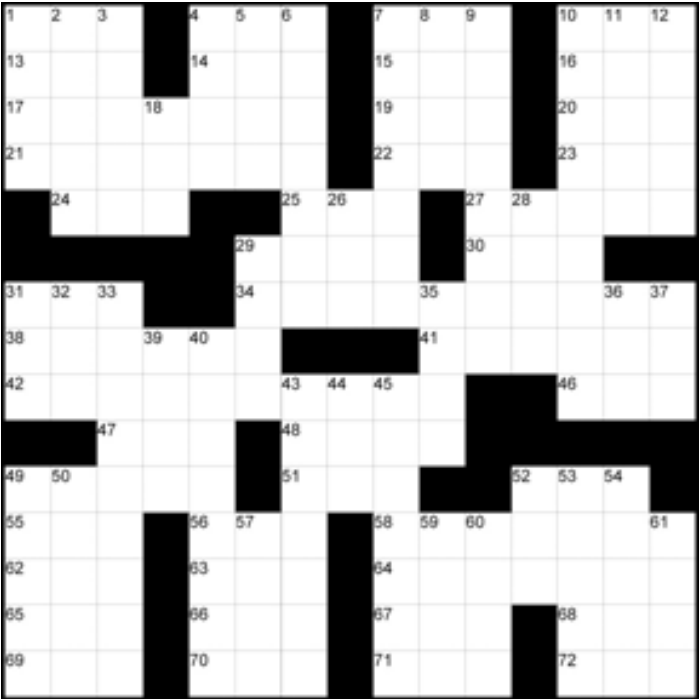
Flu is not the same as the common cold — the symptoms of flu are usually more severe and come on quite suddenly. Symptoms include fever (100-104 degrees), shaking, chills, body aches, muscle pain, headache, pain when moving your eyes, fatigue, weakness, and runny nose. Symptoms may last up to 10 days. Most other viral illnesses have milder symptoms that don't last as long.

You can help prevent the flu by getting your annual flu shot, eating a healthy diet, getting plenty of exercise, washing your hands often, and stopping smoking.

Home treatment includes getting plenty of rest, drinking plenty of fluids to replace those lost from fever, and taking ibuprofen or acetaminophen to relieve fevers, headaches, or muscle aches.

Please refer to your Healthwise Handbook for when to call a health professional.

Crossword Puzzle: Bombs Away



By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

- 1. Baseball stat
- 4. Reindeer relative
- 7. USAF bomb depot
- 10. Angry
- 13. Charged particle
- 14. US airline, in brief
- 15. Everything
- 16. Type of MK-82, in short
- 17. M-29
- 19. Computer giggle
- 20. Gun lobby
- 21. Two continents combined
- 22. Confederate general
- 23. Carve
- 24. Embroider

- 25. Signal
- 27. Browses
- 29. Hail a ship
- 30. Alcoholic beverage
- 31. Eur. country
- 34. AIM-9
- 38. TV type
- 41. Wildcat
- 42. Commiserate
- 46. Dir. 67°30 from due north
- 47. Gun the motor
- 48. Pilots with 5+ kills
- 49. Domicile
- 51. Actor Stephen
- 52. Grad. degree
- 55. Staff
- 56. Music genre
- 58. Ropes
- 62. USAF bomb org.
- 63. Simpson trial judge

- 64. Stone shaft
- 65. Formerly
- 66. Co. head
- 67. X, to Julius Caesar
- 68. Oahu memento
- 69. Compute
- 70. Barbie’s beau
- 71. Sault ___ Marie
- 72. Tree product

DOWN

- 1. Secretary of State
- 2. Round mass
- 3. Acclimate
- 4. Tolkien tree shepperds
- 5. Angolan currency
- 6. Pakistan city
- 7. AGM-62
- 8. North American plum tree
- 9. Hypersensitive
- 10. Brutalize
- 11. Broadcasted
- 12. Pulls
- 18. Cut up
- 26. Uniform wear term, in brief
- 28. 31 ACROSS article
- 29. ASM-135
- 31. GBU-31/32 JDAM guidance control unit
- 32. Tarzan, once
- 33. Forced passage
- 35. Troubles
- 36. Long time
- 37. A different st.
- 39. Raced

- 40. AGM-65
- 43. AGM-84
- 44. Froze matter
- 45. Extremists
- 49. Stadium
- 50. Jeered
- 52. USAF web site ending
- 53. Empties a canoe
- 54. On the water
- 57. Fits to _ _
- 59. Help a criminal
- 60. Actress Russo
- 61. Ignore

See **SOLUTIONS, B4**

SUDOKU

For solution, see SUDOKU, B4

	1			9		3		8
			3		4	7		
	3			7			5	
1						2		
6			7	4	3			5
		7						3
	9			6			3	
		8	4		1			
2		6		3			4	

Team Hickam History

The Air Force’s most historic airfield

January 31, 1979 — The 15th Security Forces Squadron (then-15th Security Police Squadron) emblem (patch) is officially approved by the Air Force Historical Research Agency.

January 31, 1984 — The 15th Fighter Group (Air Defense) consolidates with the 15th Tactical Fighter Wing.

February 1, 1945 — From Iwo Jima, the 15th Fighter Group supports the invasion force, and begins bombing the Bonin Islands.

February 1, 1996 — Brig. Gen Dwight M. Kealoha, former 15 ABW commander, is appointed commander of the Hawaii Air National Guard at Hickam AF.

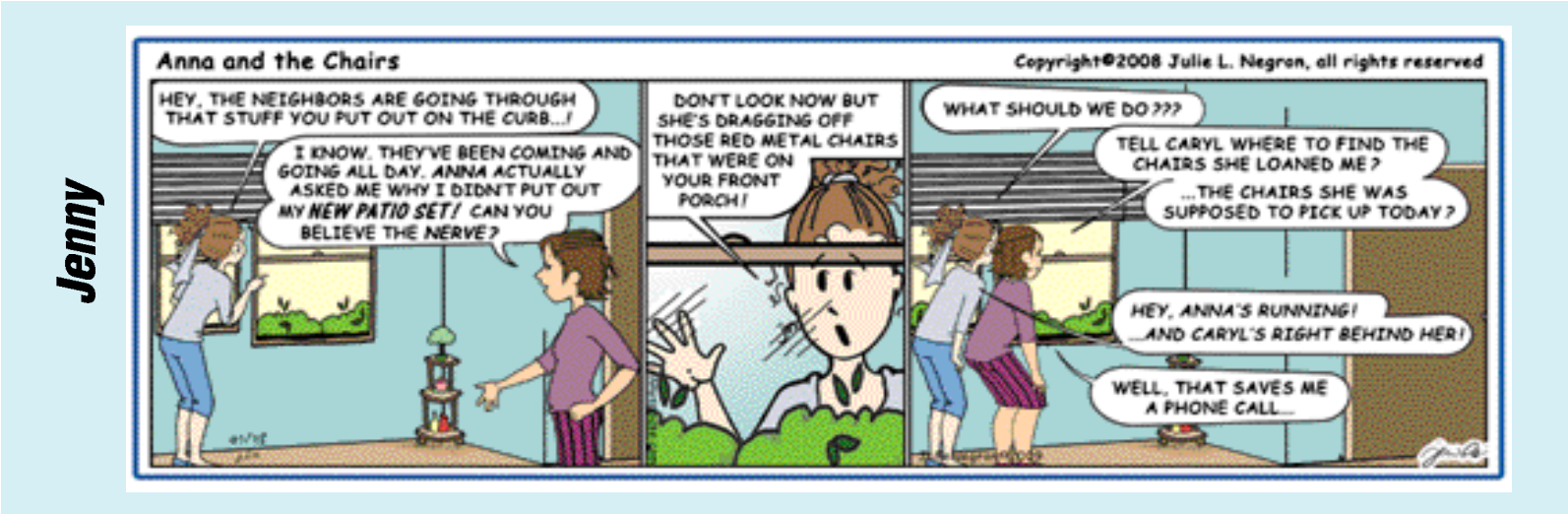
February 2, 2003 — The last EC-135K assigned to the 65th Airlift Squadron (65 AS) makes its final official flight. The plane (#59-1518) was known as “Ol’ Smokey.”

February 5, 1942 — Hawaiian Air Force is redesignated as the Seventh Air Force — each of its components are also redesignated. Hawaiian Air Force Base Command becomes Seventh Air Force Base Command.

February 5, 1942 — The 25th Air Support Operations Squadron is constituted as the 25th Observation Squadron (Light).

February 5, 1966 — President Lyndon B. Johnson, cabinet members and advisors arrive in Hawaii to attend a summit meeting in Honolulu with Vietnamese officials and key military leaders. Although the presidential arrival and departure took place at Honolulu International Airport, PACAF-BASECOM provided transportation, fuels, security, honors, public affairs and other support. Following the summit meeting, support is also provided for a visit by Vice President Hubert Humphrey.





SOLUTIONS, From B3

R	B	I		E	L	K		W	S	A		M	A	D
I	O	N		N	W	A		A	L	L		A	I	R
C	L	U	S	T	E	R		L	O	L		N	R	A
E	U	R	A	S	I	A		L	E	E		H	E	W
	S	E	W				C	U	E		R	E	A	D
					A	H	O	Y		G	I	N		
G	E	R		S	I	D	E	W	I	N	D	E	R	
P	L	A	S	M	A			O	C	E	L	O	T	
S	Y	M	P	A	T	H	I	Z	E			E	N	E
	R	E	V		A	C	E	S						
A	B	O	D	E		R	E	A			M	B	A	
R	O	D		R	A	P		L	A	R	I	A	T	S
E	O	D		I	T	O		O	B	E	L	I	S	K
N	E	E		C	E	O		T	E	N		L	E	I
A	D	D		K	E	N		S	T	E		S	A	P

SUDOKU, From B3

7	1	4	6	9	5	3	2	8
8	6	5	3	2	4	7	1	9
9	3	2	1	7	8	6	5	4
1	4	3	5	8	9	2	7	6
6	2	9	7	4	3	1	8	5
5	8	7	2	1	6	4	9	3
4	9	1	8	6	2	5	3	7
3	7	8	4	5	1	9	6	2
2	5	6	9	3	7	8	4	1

RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services , call the Chapel Center at 449-1754.


CATHOLIC Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	PROTESTANT Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.	RELIGIOUS EDUCATION (Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m. (Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m. Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m	THE GATHERING PLACE Airmen’s Dorm Coffeehouse King Hall First Floor Dayroom – Bldg. 1856 - All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cap- puccinos, Italian sodas Video games, internet,	movies and more To Volunteer, call the Hickam Chapel Center at 449-1754	OTHER RELIGIOUS OPPORTUNITIES Jewish Buddhist Orthodox Islamic
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AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday, 6 p.m.; Saturday, 7 p.m.; Thursday 7 p.m.


‘Bedtime Stories’ —
Hotel handyman
Skeeter’s life is changed
forever when the bed-
time stories he tells his
niece and nephew start
to come true. He
attempts to take advan-
tage of the phenome-
non, incorporating his
own aspirations into one
outlandish tale after
another, but it’s the
kids’ unexpected contributions that turn Skeeter’s life upside
down.
Starring Adam Sandler and Keri Russell.



Rated PG for rude humor and mild language. Length: 99 min.

Friday, 8:30 p.m.; Sunday, 4 p.m.


‘Yes Man’ — A man
signs up for a self-help
program based on one
simple principle: say yes
to everything ... and any-
thing. At first, unleashing
the power of “yes” trans-
forms his life in amazing
and unexpected ways, but
he soon discovers that
opening up his life to
endless possibilities can
have its drawbacks.
Starring Jim Carrey and
ZooeY Deschanel



Rated PG-13 for crude sexual humor, language and brief
nudity. Length: 104 min.

Wednesday, 7 p.m.

‘Seven Pounds’ —
Ben is an IRS agent
who is depressed and
guilt-ridden about
mistakes from his
past. He sets out to
make amends by help-
ing seven strangers.
When he meets Emily,
a beautiful woman
with a heart condition,
he falls in love with
her, thereby compli-
cating his plans.
Starring Will Smith and Rosario Dawson



Rated PG-13 for thematic material, some disturbing content
and scene of sensuality. Length: 123 min.

Keep medication lists up to date and handy

By **Chuck Roberts**

Landstuhl Regional Medical Center Public Affairs

LANDSTUHL REGIONAL MEDICAL CENTER, Germany (AFNS) — Just as you wouldn’t go commissary shopping with last year’s grocery list, the same principle holds true for showing up at a medical appointment with an out-of-date list of prescription drugs, over-the-counter medications, and related health products such as vitamin supplements and herbal teas.

But why bother writing all of that down when it should already be on file?

And besides, doesn’t someone always review the meds you are taking when you show up for your medical appointment anyway?

“There are many good reasons for bringing a list of all the medications, supplements, etc., you take when you visit your healthcare provider, and each one of these reasons ensures you receive the safest care possible,” said Col. Curt Hansen, the Landstuhl Regional Medical Center pharmacy chief and the pharmacy consultant for Europe Regional Medical Command.

The benefits include:

- Providing your healthcare providers the most complete and up-to-date record of what you’re taking to assist them in prescribing the safest and most effective medica-

tion specifically for you.

- Preventing an adverse reaction by ensuring a new drug isn’t prescribed that might interact with a medication or supplement you’re taking at home, but is not listed on your medical record.
- Improving the quality and time spent talking with your doctor about your care. By providing a list of what you’re actually taking, it allows your provider to quickly and accurately compare it with your previous medical history.
- Improving familiarity with your medications. Patients who keep an up-to-date list of their medications with them gain familiarity with their medications and how to take them. This knowledge is reinforced when you immediately update the list due to a change in the medications, vitamins or supplements you’re currently taking.
- Saving your life. In addition to the reasons listed above, if you are ever in an emergency where your records aren’t available, having a printed copy of your meds in your wallet will inform your providers about what you’re taking and prevent the possibility of a severe reaction with new drugs used in your treatment. “It’s about helping people

help themselves,” Colonel Hansen said. “It’s critical that patients provide a list at each appointment, especially when you consider all the possible sources where drugs and other products can be obtained — your doctor, the commissary, the base exchange and the economy — it’s easy to see how any of us could forget something we’re taking that may adversely affect our medical care.”

Some medication safety points to consider are:

- Become familiar with your medications and how to take them. Talk to your doctor, nurse or pharmacist about your medications and supplements to reinforce your knowledge and to obtain answers to your questions.
- Keep your medication list updated and accurate.
- Have your list with you, especially each time you travel or go to the clinic, hospital or emergency room.
- If you are too sick to do so yourself, ask a family member or friend to show the medication list to your healthcare providers
- By participating in your healthcare, you can prevent medication errors.



FITNESSTIPS

Exercise: Curls

Muscle Group: Biceps

Option #1



Dumbbell Arm Curls

1. **Seat on a vertical bench and maintain neutral alignment in the spine. Use light to moderate resistance so you can perform 8-12 repetition without sacrificing form.**
2. **Position two dumbbells to the sides, palms facing in, arms straight.**
3. **With elbows to the sides, raise both dumbbells until forearms are vertical and palm faces shoulder. Lower to original position and repeat.**

Option #2



Machine Arm Curls

1. **Sit down and place your upper arms on the arm rest.**
2. **Align the elbows with the axis (moving joint of the machine).**
3. **You may need to raise the seat so the elbows are in alignment or slightly higher than shoulders.**
4. **Grab the handles with your palms facing up.**
5. **Pull one arm or both until forearms are vertical**

6. **Lower the resistance by slowly extending the elbows (do not lock) until arms are almost straight.**

Mike’s weekly cardio routine:

Monday: Stationary cycle, 30-45 minutes

Tuesday: Run 3 miles

Wednesday: Spin class, 40-60 minutes

Thursday: Run 3 miles

Friday: Run 3 miles

Saturday and/or Sunday: Soccer referee, 2-4 hours

Model: Mr. Mike Fricano

Trainers: SSgt Tami McBride and SrA Amy Richardson

Photos and Instructions: A1C Katrina Plank, Cert Personal Trainer, Asst Fitness Coordinator